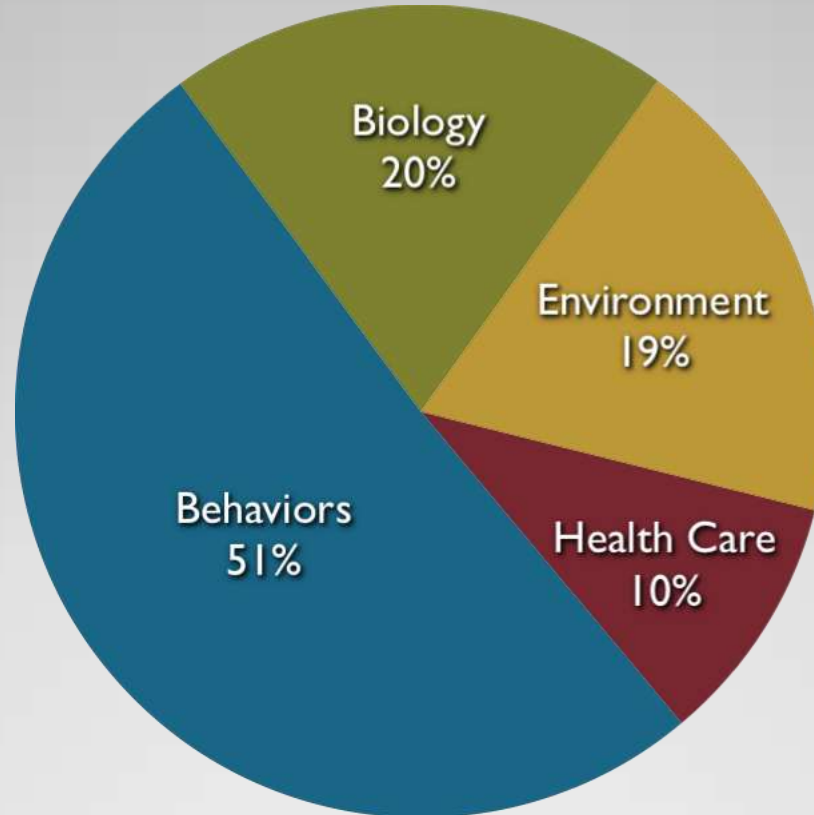


# Healthy Communities & Mixed Use Development

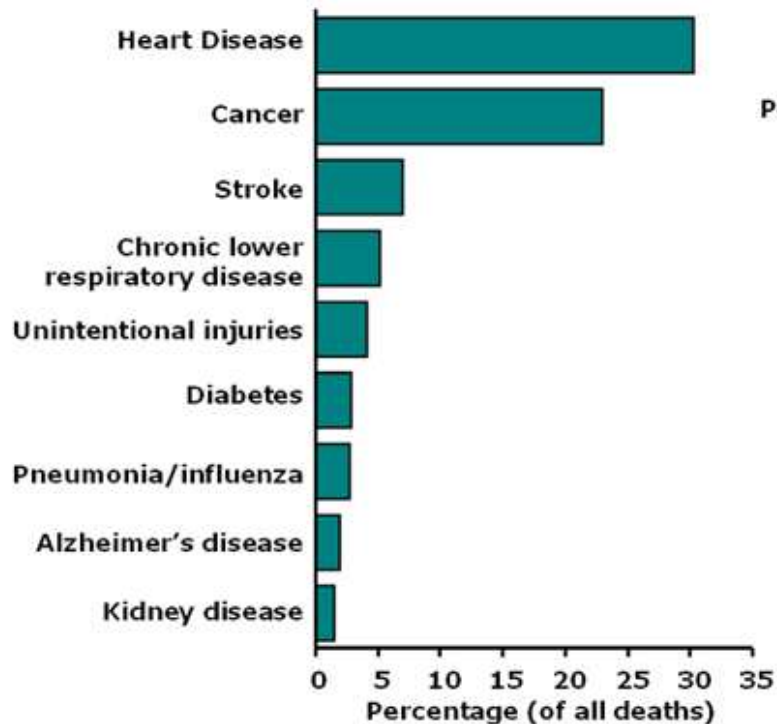
11/30/11

Jen Mojo, CVRPC

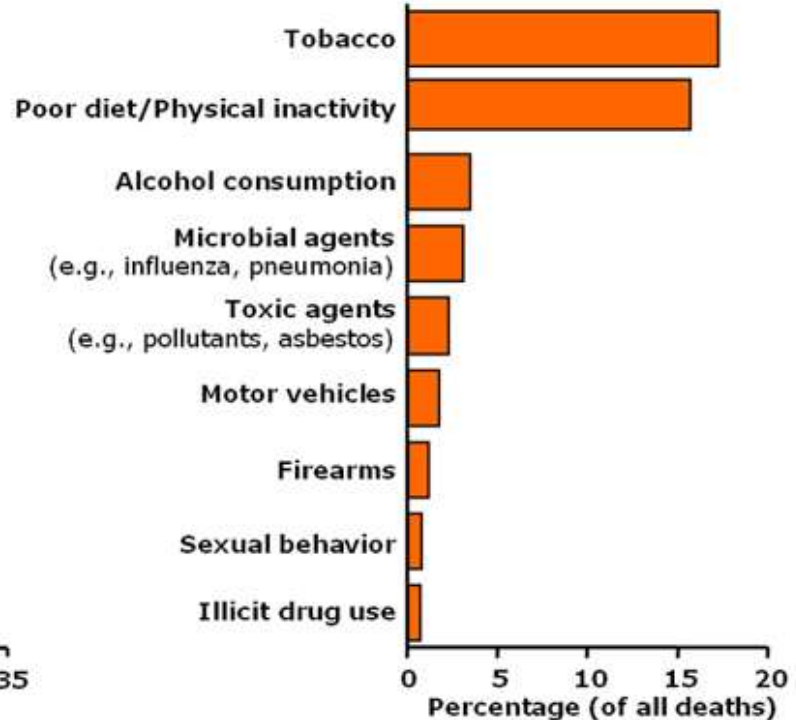
# Contributors to health



### Leading Causes of Death\* United States, 2000



### Actual Causes of Death† United States, 2000



\* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.

	Goal	Vermont*	Addison	Bennington	Caledonia	Chittenden	Essex	Franklin	Grand Isle	Lamoille	Orange	Orleans	Rutland	Washington	Windham	Windsor	Years Used
<b>Injury and Violence Prevention</b>																	
Always Use Safety Belts While Driving	92%	82	83	83	75	85	66	77	85	76	77	73	80	81	80	79	2006-2008
<b>Nutrition and Overweight</b>																	
Obesity	15%	24	22	21	25	18	27	27	29	21	24	25	24	21	22	23	2005-2009
Nutrition - 2 or more Fruits per Day	75%	39	45	38	38	41	33	34	42	40	38	35	34	38	39	41	2005, 2007, 2009
3 or More Vegetables per Day	50%	30	34	31	31	34	24	25	27	30	33	29	29	31	33	32	2005, 2007, 2009
5 A Day Fruits and Vegetables <sup>#</sup>	No Goal Set	29	33	30	29	32	28	23	34	33	31	28	29	30	31	30	2005, 2007, 2009
<b>Physical Activity and Fitness</b>																	
No Leisure Time Physical Activity	20%	20	18	20	20	15	27	23	20	17	20	24	21	16	18	18	2005-2009
Regular, Moderate Physical Activity	50%	59	59	58	59	57	55	53	63	61	62	57	55	60	60	59	2005, 2007, 2009
Regular, Vigorous Physical Activity	30%	35	36	32	31	37	28	32	28	38	35	33	32	37	35	36	2005, 2007, 2009
<b>Substance Abuse</b>																	
Binge Drinking, During the Past Month	6%	18	16	16	16	18	20	19	17	20	20	18	18	18	17	17	2005-2009
<b>Tobacco Use</b>																	
Cigarette Smoking	12%	18	17	20	21	13	33	20	19	20	20	24	21	19	19	18	2005-2009
Smoking Cessation Attempts	75%	53	54	52	40	51	43	44	69	53	50	50	51	54	49	49	2005-2009

\*Vermont data are for 2009 except for values related cancer and injury and violence prevention

\*\*Data are different than in years past. The population asked the question in 2009 was different than in years past.

\*\*\*Data are different than in years past. The algorithm used to calculate the proportion of 18-44 women who take Folic acid regularly was adjusted.

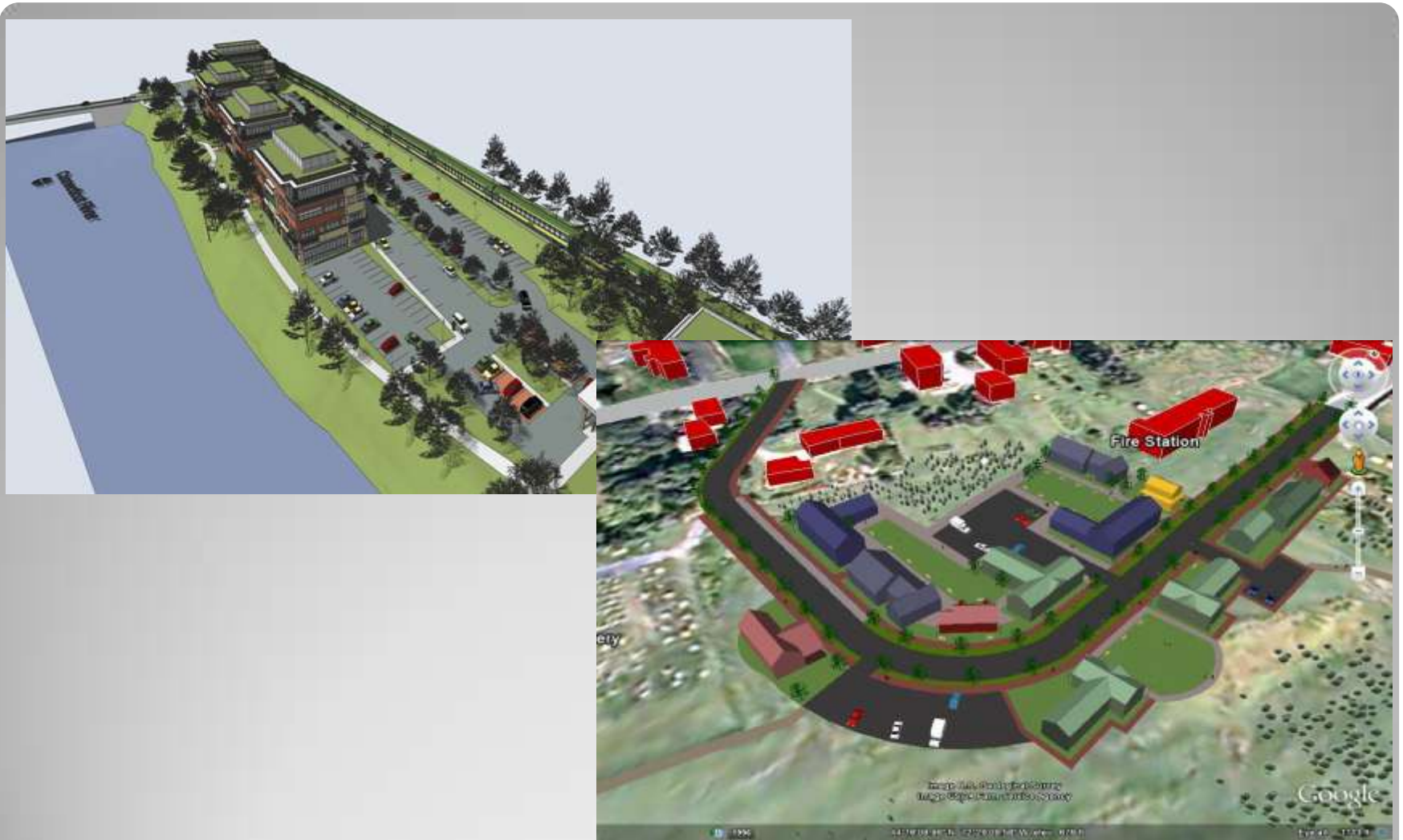
<sup>#</sup>Crude rate; not age adjusted

# Adult Risk Factors in Washington County

- Lack of seatbelt while driving
- Obesity
- Nutritional Intake – limited intake of fruits and vegetables
- Lack of time for physical activity
- Alcohol consumption
- Smoking



**Community design matters**



# Mixed Use Development



Early  
examples





5.4 Stores, churches, public buildings, single-family houses, and apartment buildings are close together in St. Johnsbury, Vermont.



5.5 Stores, homes, and businesses spread out into separate enclaves away from the historic town center of Manchester, Vermont.

## Historic Development

## Mid-century Development

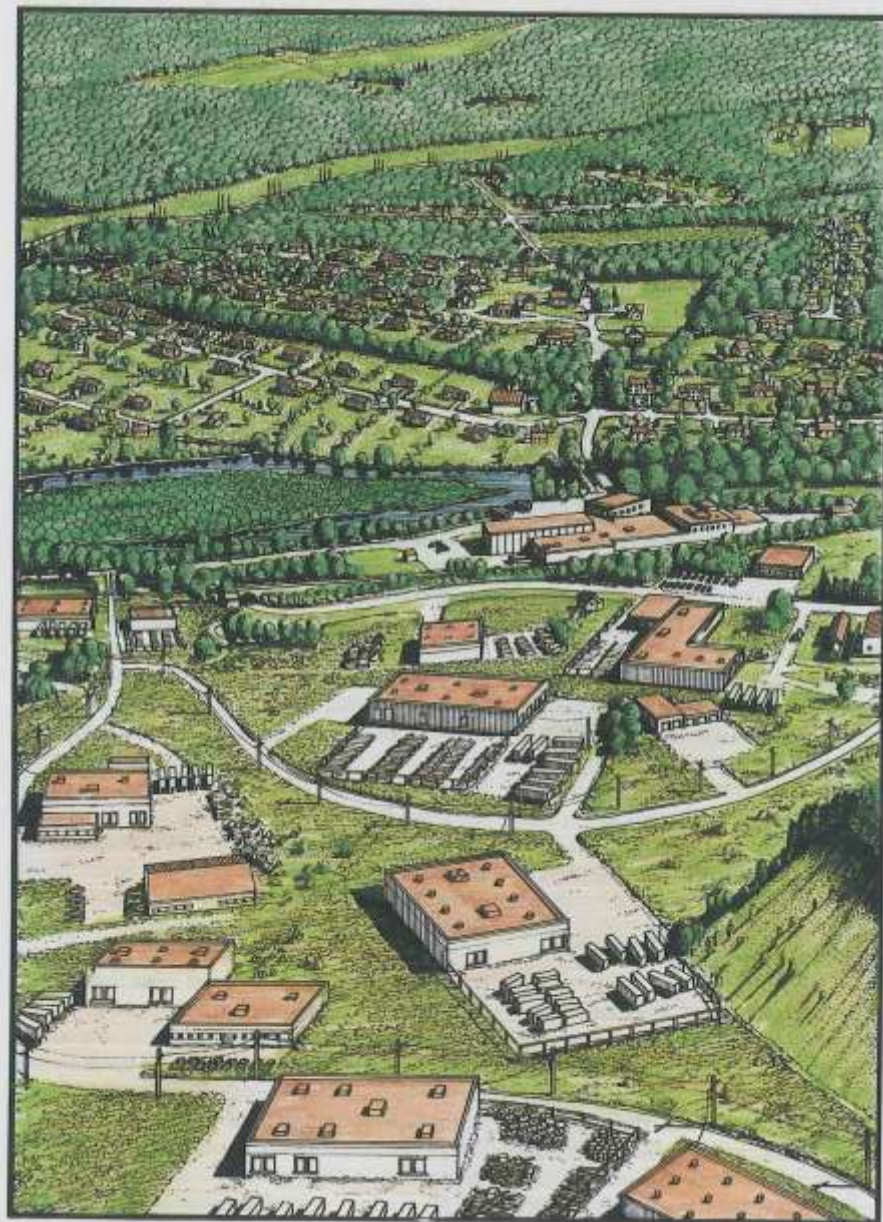


Figure 6-2. Aerial view after conventional development.

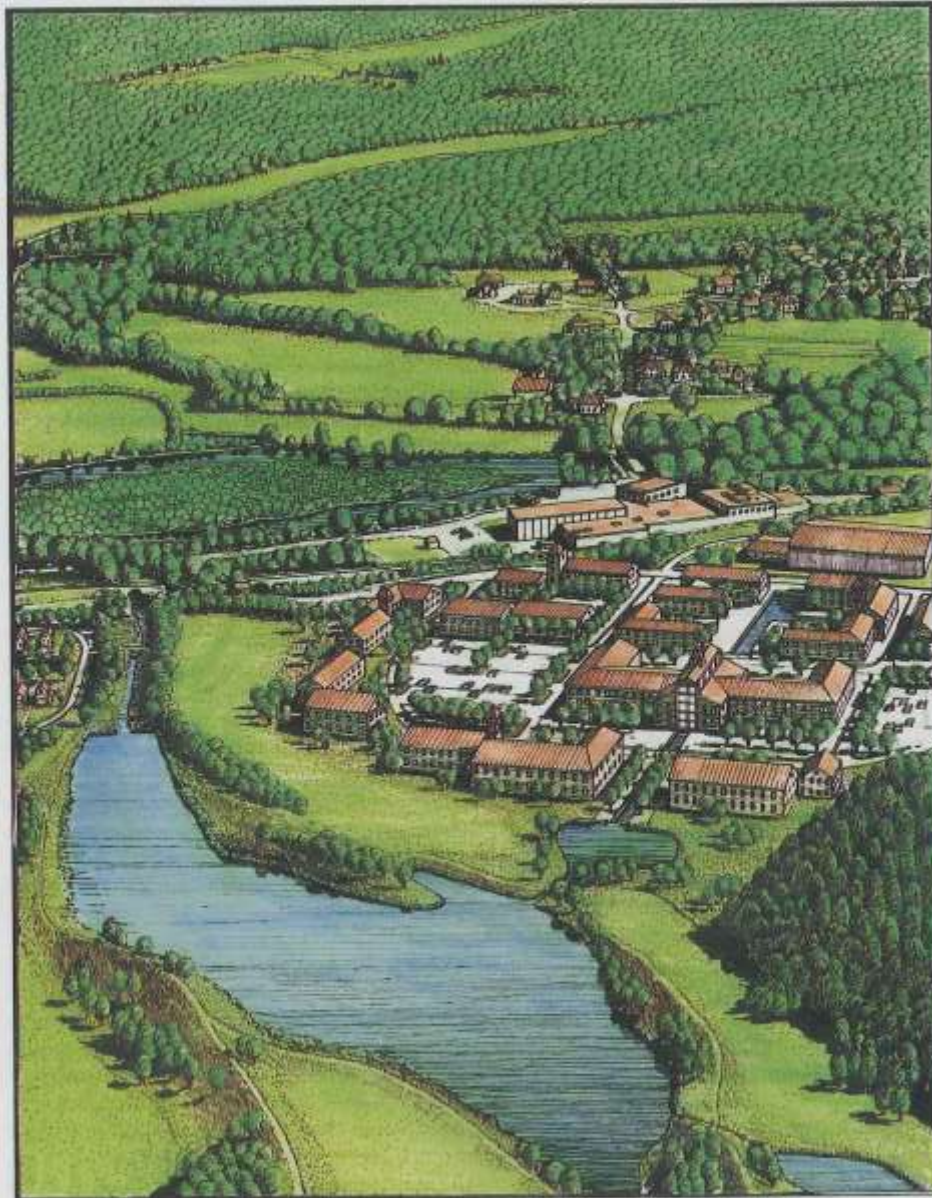
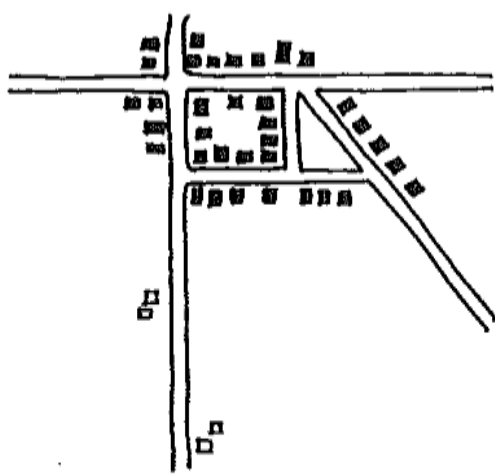


Figure 6-3. Aerial view after creative development.

From: *Rural by Design*, Randall Arendt, 1994



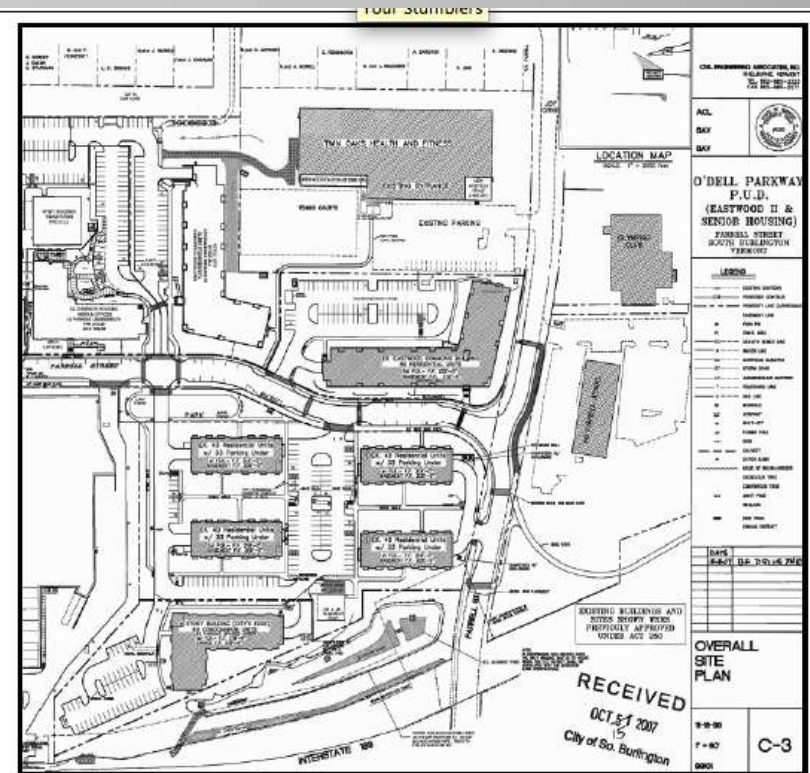
**Key Design Point - Walkability**



**Key Design Point - Compatibility**

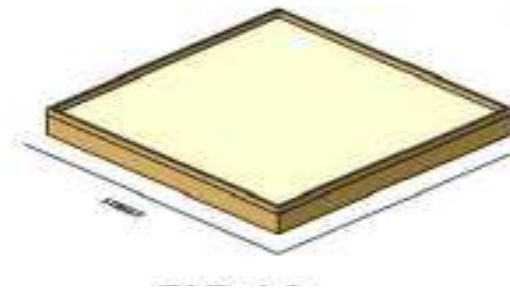
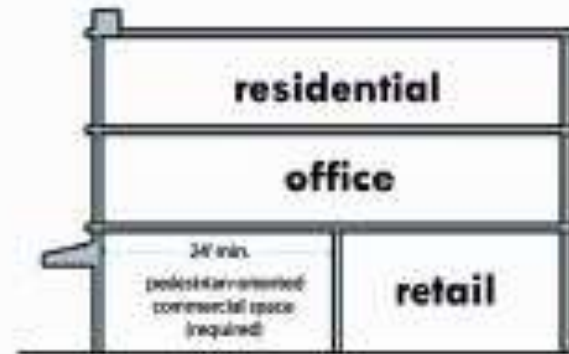
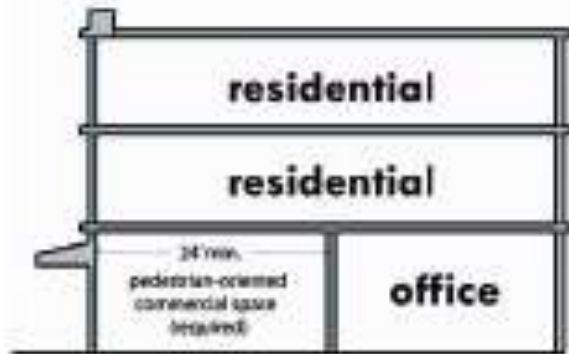


Intersection of Route 7 & I-189  
with O'Dell Apartments site outlined in blue (Google Maps)

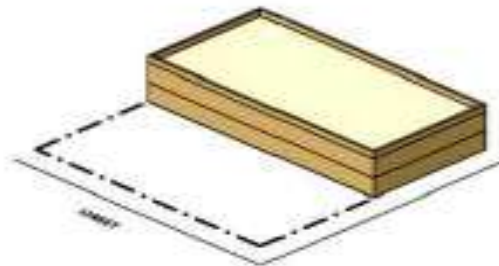


Approved Site Plan for O'Dell Parkway Redevelopment (Courtesy South Burlington Planning Dept.)

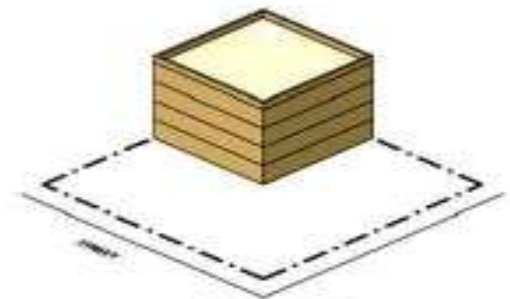
**Key Design Point – Fill the gaps**



**10,000 sq. ft. building  
covering 100% of lot**



**10,000 sq. ft. building  
covering 50% of lot**



**10,000 sq. ft. building  
covering 25% of lot**

## Key Design Point – Vertical Development

- Increased exercise
- Decreased auto emissions
- Preserve land/greenspace
- Greater social opportunities
- Economic development & revitalization
- Sense of place



[vermontdesigninstitute.org](http://vermontdesigninstitute.org)

# Benefits



- Master Plan/Comprehensive Plan
- Creative Zoning
- Financial Incentives

Tools

- VNRC Toolbox -  
<http://www.smartgrowthvermont.org/toolbox/>
- Smart Growth America -  
<http://www.smartgrowthamerica.org/>
- Policy Link Equitable Development Toolkit-  
[http://www.policylink.org/site/c.lkIXLbMNJrE/b.5136575/k.39A1/Equitable\\_Development\\_Toolkit.htm](http://www.policylink.org/site/c.lkIXLbMNJrE/b.5136575/k.39A1/Equitable_Development_Toolkit.htm)

## **Resources**